Action Animals
Brain Break Cards

Music Suggestions

Action Animals
George of the Jungle
You Tube: http://www.youtube.com/George of the Jungle

The benefits of brain breaks:
1. Improve focus
2. Motivate students
3. Re-energize students for learning
4. Indoor activities (Rainy Days)

Just plain fun!
Kangaroo
jump like a kangaroo

Play Tug with a Tiger
arms straight out bend at elbows

Gallop like a Giraffe
gallop

Zig Zag like a Zebra
jog around changing directions
Exercise with an Elephant

Walk like a Bear
walk on your hands and feet

Play Monkey
see, monkey do
play mirror me
with a partner

Lion
lunge like a lion tamer
Rhino
Race around the Rhino (Run in a small circle.)

Skunk
step sideways and avoid other skunks

Cheetah
run in place like a cheetah

Shuffle like a Peacock move arms like flying and walking
Action Animals Brain Break Cards

Set Includes
- Kangaroo
- Play Tug with a Tiger
- Zig Zag like a Zebra
- Gallop like a Giraffe
- Exercise with an Elephant
- Run like a Cheetah
- Walk like a Bear
- Play Monkey See
- Shuffle like a peacock
- Race around the Rhino
- Skunk step sideways
- Lion lunge

Music Suggestions
Action Animals
George of the Jungle
You Tube: http://youtu.be/1PzwZgVyILY
George of the Jungle (Amazon.com)

The benefits of brain breaks...
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4. Indoor activities (Rainy Day)
5. Just plain fun!
Directions

- Print the pages on cardstock
- Laminate if you prefer
- Cutout cards
- Hole punch gray dot and put on ring
- Check our other Brain Break Activities in Virtual Store Catalog.

Brain Beaks by
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Peaceful Playgrounds. Inc.
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Clipart by: Melonheadz Illustrating
 Directions

- Print the pages on cardstock
- Laminate the pages if you want to be able to use the printable over
- Cutout- I like to cut my number cards and pattern cards so a little of the white shows around them
- All purchases are for 1 classroom or 1 household (please do not share this file)

Please check out my blog for additional ideas!

Clipart by Melonheadz Doodles
Printable made by Preschool Printable
I hope you enjoy this printable! Thank you for your purchase. Gwyn Rollins